

HERBS 2023

Herb	Botanical Name	Description	USD A
Arnica, European	<i>Arnica montana</i>	Perennial. Large, yellow, daisy-like flowers on long (up to 24 in.), sturdy stalks above rosettes of green, oval to spear shaped leaves; flowers and roots have analgesic, anti-inflammatory and antiseptic properties and are used <u>topically (not to be taken internally or used on broken skin)</u> in salves, creams, gels, tinctures and compresses; light feeder, prefers moist, well-drained, acidic soil; part to full sun (afternoon shade in the Treasure Valley); attracts pollinators; can be divided in spring.	5 - 9
Ashwaghandha	<i>Withania somnifera</i>	Tender perennial. 2 ft. x 2 ft. Roots of this plant are used in Ayurvedic herbal medicine as an adaptogen and energy tonic. Produces bright red fruits inside lantern shaped calyxes - very pretty; leaves are oval and fuzzy. After a hard freeze (usually at the end of the season), dig the roots, wash, cut up and dry the pieces for herbal use. CAUTION: many folks are sensitive to this herb, depending on the medications they may take, the illnesses they may have, or if they are sensitive to plants in the nightshade family. Roots of this plant are used in Ayurvedic herbal medicine as an adaptogen and	6 - 9
Basil	<i>Ocimum spp.</i>	separate list available	
Bay Laurel	<i>Laurus nobilis</i>	Tender Perennial (overwinter indoors). Ht. 3-5 ft. (13-15 ft. in mild climates). Small evergreen tree. Shiny, leathery leaves have many culinary uses. Outdoors - morning sun, afternoon shade; indoors - sunny window.	8 - 12
Bergamot, Wild	<i>Monarda fistulosa</i>	Perennial. Ht. 2-4 ft. Rose-lavender whorls of tubular flowers and grey-green leaves have a strong spicy scent and flavor similar to Earl Grey tea; tea can be made with both flowers and leaves; also used in salads, desserts, drinks, and with fish. Attracts bees, butterflies, hummingbirds; disliked by deer; helps repel mosquitoes. Full to part sun.	3 - 9
Borage, White Borage, Blue	<i>Borago officinalis</i>	Annual (will self-sow). Ht. 2-3 ft. Greyish-green, prickly leaves, beautiful star-shaped white or blue flowers. Young leaves and flowers added to salads for cucumber flavor; very attractive to bees. Known as the herb of gladness. Full sun.	
Burnet, Salad	<i>Sanguisorba minor</i>	Perennial. Ht. 6-12 in. A decorative little herb, ferny foliage, cucumber flavor, used in salads, soups and sauces. Full sun.	4 - 10
Catnip	<i>Nepeta cataria</i>	Perennial. Ht. 2-3 ft. Grey-green leaves, violet flowers. Attracts beneficial insects; used in teas for relaxation; loved by many (not all) cats; rubbed on skin, a natural insect repellent; use as a companion plant to repel insects. Full sun.	4 - 11
Lemon Catnip	<i>Nepeta cataria citriodora</i>	Perennial. Ht. 2-3 ft. Same qualities and uses as regular catnip (above), but with green leaves, lemony scent, and purple spotted white flowers. Full sun.	3 - 9
Chamomile, German	<i>Matricaria recutita</i>	Annual (will self-sow). Ht. 18-30 in. Bright green ferny leaves. Small, white daisy flowers with yellow centers have many uses: calming tea, perfume, hair rinses; sweet addition to salads, desserts, and drinks. Attractive to beneficial insects. Full sun.	
Chamomile, Roman	<i>Chamaemelum nobile</i>	Perennial. Low-growing, 6 in. x 16 in.; fragrant, feathery foliage; tiny white daisy flowers with yellow centers, used for tea, sweet addition to salads, desserts, drinks; plants make beautiful ground cover that can be mowed. Full sun.	5 - 9

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Chervil	<i>Anthriscus cerefolium</i>	Annual (may self-sow). Parsley-like green leaves, delicate anise flavor, used in spring soups and salads and as garnish. Ht. 12-20 in. Morning sun, afternoon shade.	
Chives	<i>Allium schoenoprasum</i>	Perennial. Tight clumps of very tiny bulbs which can be easily separated and transplanted. Edible pale purple blossoms, slender deep green tube-like leaves, a useful and decorative kitchen herb. Ht. 12-15 in. May be divided every few years. Full sun.	3 - 9
Geisha Garlic Chives	<i>Allium tuberosum</i>	Perennial. Flattened blades, like little leek leaves, wider, longer, larger than regular garlic chives. Subtle garlic flavor, perfect for uncooked dishes where raw regular garlic might be overwhelming; many other culinary uses. Pretty white flowers in late summer. Full sun.	3 - 9
Welsh Onion Chives (Red or White)	<i>Allium fistulosum</i>	Perennial. Similar to scallions and chives, but with a much larger, hollow, tubular leaf. Flavor is slightly stronger than regular chives, milder than an onion. Large, ivory, spherical, edible flowers. Not really from Wales, the name comes from Old English <i>welisc</i> and Old German <i>welsche</i> , which both mean 'foreign.' Full sun.	6 - 9
Calypso Cilantro (Coriander)	<i>Coriandrum sativum</i>	Annual (may self-sow). Ht. 12-18 in. Popular herb for Mexican and Asian cooking. Strongly flavored parsley-like foliage called cilantro, seeds called coriander; roots are also used in Thai and Indian cuisines. A slow bolting, 'cut and come again' variety. Freeze or dry for winter cooking. Morning sun, afternoon shade slows bolting.	
Comfrey	<i>Symphytum officinale</i>	Perennial. Ht. 2-3 ft., spread 3 ft. Large fuzzy leaves, blue to pink bell-shaped flowers that attract pollinators. Leaves are wonderful to: activate compost; steep and use as a liquid fertilizer/foliar feed; bury under plants or use as a fertile mulch especially beneficial for fruits and vegetables. Plants are great as a living mulch under fruit trees. Also has medicinal uses (research before use). Full to part sun.	3 - 9
Coriander, Vietnamese	<i>Persicaria odorata</i> (a.k.a. <i>Polygonum odoratum</i>)	Annual (winter indoors). Trailing herb, flavor similar to cilantro, essential ingredient in many Asian dishes. Pretty plant with heart shaped leaves, great for a hanging basket. Morning sun, afternoon shade.	
Crocus, Saffron	<i>Crocus sativa</i>	A beautiful, fall blooming crocus, blue/purple with crimson stigmas (the long, wiry parts-the short orange ones are the stamens-don't harvest those). The stigmas are the very expensive filaments that you get when you buy saffron at the store. If you have a couple dozen saffron crocus corms you can harvest enough for a few spectacular meals, and the corms will multiply yearly, so that eventually you will have plenty. Carefully pick the 3 stigmas with your fingers or tweezers, dry them in a warm location, store in an airtight glass jar. To use, steep stigmas in a hot liquid (what liquid depends on the recipe) for 20 minutes, then add the liquid and stigmas to whatever you are making (most recipes only call for a tiny amount of saffron). Now you are ready to make paella and more! [PS Do not use other varieties of autumn crocuses, <i>Colchicum autumnale</i> , because they are toxic.]	6 - 9
Cumin	<i>Cuminum cyminum</i>	Annual (may self sow). Ht. 6 in. Seeds used to flavor all kinds of culinary delights, such as chili and curries. Feathery foliage used as a flavoring or addition to salads. Used in herbal remedies. Flowers (umbels of white or pink) attract beneficials. When seed heads turn brown, cut stem of umbels and place in paper bag to shake out seeds. 100-115 days to harvest. Open pollinated. Full sun.	

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Dill, Bouquet	<i>Anethum graveolens</i>	Annual (may self-sow). Ht. 24-36 in., flower/seed umbels 6 in. wide. Dark green leaves, fabulous flavor and aroma. Excellent seed and leaf (dill weed) production. Very attractive to beneficial insects. Full sun.	
Dill, Fernleaf	<i>Anethum graveolens</i>	Annual (may self-sow). Ht. 12-15 in., very slow to flower, grown for the tasty, aromatic, and abundant blue-green leaves (dill weed). Small size perfect for containers. AAS winner 1992. Very attractive to beneficial insects. Full sun.	
Dill, Mammoth	<i>Anethum graveolens</i>	Annual (may self-sow). Ht. 4-6 ft., flower/seed umbels are very large and have been known to produce nearly a cup of seed each. Delicious, aromatic, feathery, green leaves. Very attractive to beneficial insects. Full sun.	
Epazote	<i>Chenopodium ambrosioides</i>	Annual (self-sows). Ht. 3 ft. Strongly flavored and scented (bitter, musky, lemony) herb used in Mexican and South American cooking. Full sun.	
Fennel (includes Bronze Fennel, Green Fennel, Smoky Fennel, Sweet Fennel)	<i>Foeniculum vulgare</i>	Perennial (will self-sow). Ht. 3-6 ft. Tall, hollow-stemmed, with finely cut leaves, brown seeds - both leaves and seeds are used for mild anise flavoring in salads, cooking, teas, liqueurs, vinegars. Bronze fennel is a host plant for swallowtail butterflies. Full sun.	5 - 11
Feverfew	<i>Tanacetum parthenium</i>	Perennial (will self-sow). Ht. 18-24 in. Chrysanthemum-like leaves, white daisy flowers with yellow centers. Leaves are eaten or infused in tea to reduce/relieve migraines. Full sun.	5 - 9
Garlic	<i>Allium sativum</i>	See Allium list.	
Ginger	Very tender perennial. Ht.	Very tender perennial. Ht. 3-4 feet. Tropical plant that grows best in a shady, moist, humid location, i.e. a rain forest, which is not exactly a description of Idaho. You can mimic its preferred locale by growing it in a pot, with rich, well draining soil (since it must be kept moist, but not soggy or the roots will rot), in the shade. It's a good idea to place the pot on a tray with pebbles and a little water to increase humidity (the pebbles are to keep the pot from sitting in water). You will have rhizomes to harvest in 4 months for partial harvest, 10 months for full maturity. Just cut a piece of the rhizome the size you need for your recipe, be sure to leave at least 2 inches of rhizome attached to the stalk, and it will continue to grow and prosper. Winter indoors the minute temperatures drop below 55 to 60 degrees. Ginger has both culinary and medicinal uses. Full to part shade.	9+
Horehound	<i>Marrubium vulgare</i>	Perennial. Ht. 2-2.5 ft. Crinkly grey-green, fuzzy leaves with white, pink, or purple flowers. Looks a lot like a mint, to which it is related, equally invasive (self sows). Rich in vitamins A, B, C, E and other nutrients; used in herbal medicine. Leaves are used for tea; oil used in perfume and potpourri, infusion is used to make cough drops, candy, and liqueurs. Full sun.	3 - 10
Hyssop	<i>Hyssopus officinalis</i>	Perennial. Ht. 18-24 in. Aromatic and decorative plant. Leaves and flowers used as a seasoning (somewhat bitter, sage/mint flavor) and in teas. Spikes of blue or pink flowers. Full sun.	3 - 9

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Jiaogulan Immortality	<i>Gynostemma pentaphyllum</i>	Annual, or grow as a houseplant. Vining (a member of the family Cucurbitaceae, i.e. cucumbers, gourds, and melons) and will need some form of support-it can grow 25 ft. tall outdoors! Plants are either male or female-you'll need one of each if you want to save seeds. Your best bet is to plant several and hope for the best; alternatively, you can easily propagate from cuttings. Leaves can be used in salads, pasta, stir fries. Makes an interesting sweet tea (leaves are naturally sweet). The people of Guizhou Province in southern China drink jiaogulan tea every day, in the mornings for strength and endurance, and in the evening to relax and sleep well, and they are reputed to live long and healthy lives, hence its sobriquet, "Immortality Herb." This tea and jiaogulan supplements may offer health benefits for a variety of issues, but please be cautious, many folks are sensitive to this herb, depending on the medications they may take or the illnesses they may have. Morning sun, afternoon shade.	8 - 10
Lavender; Lavandin	<i>Lavandula spp.</i>	Separate list available.	
Lemon Balm	<i>Melissa officinalis</i>	Perennial. Ht. 36 in. Lime green leaves strongly scented with lemon, lovely to brush against on a hot summer day. <u>Extremely</u> invasive, grow only in a pot. Morning sun, afternoon shade.	5 - 11
Lemon Grass	<i>Cymbopogon citratus</i>	Very Tender Perennial (overwinter indoors). Ht. 3-5 ft. Clumping tropical grass. Bulbous stems are chopped and added to Asian dishes, or an infusion of leaves and stems can be strained and added. Also makes a tasty tea. Full sun.	11 +
Lemon Verbena	<i>Aloysia triphylla</i> (a.k.a. <i>Aloysia citriodora</i> , <i>Lippia citriodora</i>)	Tender Perennial (overwinter indoors). Ht. 3-4 ft. as a container plant. Woody shrub, narrow, pointed leaves, tiny white/lilac flowers. Leaves and flowers have intense, unforgettable lemon scent and are used as flavoring in teas, liqueurs, and any recipe requiring a lemon flavor. Very nice with fish, poultry. Full sun.	8 - 10
Lovage	<i>Levisticum officinale</i>	Perennial. Ht. 6 ft. Very vigorously growing herb, with large, parsley-like leaves. Strong celery flavor, used in soups, stews, casseroles; new shoots eaten like celery, stems candied like angelica, seeds added to breads. Sun to part shade.	5-8
Marjoram, Sweet	<i>Origanum majorana</i>	Annual. Ht. 12 in. Grey-green leaves, white flowers. Spicy-sweet culinary herb used fresh or dried. Full sun.	
Mints		Separate list available.	
Nasturtium	<i>Tropaeolum majus</i> , <i>T. minus</i>	Annual. Pretty flowers on plants that may be vining or bushy. Leaves, flowers, and seeds are edible; the leaves and flowers add peppery notes to salad, the seeds can be dried and ground to use as pepper, and the young, unripe seedpods can be pickled and used as capers. Full sun.	
Oregano, Common	<i>Origanum vulgare</i>	Perennial. Ht. 1-2 ft. Pink/white flowers, deep green leaves, bold, peppery, spicy flavor. Full sun.	5 - 11
Oregano, Compact	<i>Origanum vulgare compactum</i>	Perennial. 8 in. x 12 in. Dark green, fragrant foliage, a milder culinary oregano, perfect for containers. Full sun.	4 - 9
Oregano, Golden	<i>Origanum vulgare</i>	Perennial. 0.5-1 ft. high x 1-1.5 ft. wide. A creeping, stepable oregano with cheery yellow leaves, blooming pink/purple in summer. Use fresh or dried for cooking (a milder oregano in flavor). Attracts butterflies and is said to repel deer. Morning sun, afternoon shade will keep leaves from scorching.	4 - 8
Oregano, Greek	<i>Origanum vulgare hirtum</i>	Perennial. Ht. 2 ft. Grey-green, hairy leaves, small white flowers. Very intense flavor. Full sun.	5 - 11

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Oregano, Hot & Spicy	<i>Origanum vulgare</i>	Perennial. 18 in. x 18 in. Rounded, grey-green foliage, pink flowers. Strong and spicy flavor. Full sun.	6 - 10
Oregano, Italian	<i>Origanum x majoricum</i>	Perennial. Ht. 1-2 ft. Less powerful flavor than Greek oregano, with hints of marjoram. Attractive, mounding growth habit; aromatic, 1 in. leaves; spikes of tiny white flowers in early summer. Pinch it back before flowering to encourage bushiness. Full sun.	6 - 9
Oregano, Mexican	<i>Lippia graveolens</i>	Annual or Tender Perennial (overwinter indoors). Ht. 4 ft. Though not a true oregano, it is the one most used, both fresh and dried, for cooking in Mexico, with a stronger and hotter flavor than <i>Origanum vulgare</i> . Also used in teas. Aromatic, oval leaves with scalloped edges; tiny, white, tubular flowers attract bees. Full sun.	8 - 11
Oregano, Pizza	<i>Origanum v. hirtum</i>	Perennial. 14 in. tall x 20 in. wide, with white flowers and round fuzzy leaves. This oregano is a variety of Greek or Italian oregano. Spicy and fragrant, the flavor intensifies once the herb is dried. Dried or fresh, it is the perfect fresh oregano to sprinkle onto a pizza, and the perfect oregano to sprinkle into your pizza sauce. Full sun.	5 - 9
Oregano, Santa Cruz	<i>Origanum vulgare</i>	Perennial. 18 in. x 18 in. Dark green leaves with fine flavor, dusty pink flowers; edible and ornamental. Full sun.	5 - 9
Oregano, Variegated	<i>Origanum vulgare</i>	Perennial. Creeping variety with green and white variegated leaves, blooms white in summer. Grows 8 in. high x 16 in. wide, beautiful in the garden or in a container. Very aromatic culinary oregano, can be used fresh or dried. Full sun.	5 - 9
Parsley, Curled	<i>Petroselinum crispum</i>	Biennial (may self-sow). Ht. 1-3 ft. (if allowed to bloom). Tightly curled green leaves are beautiful, nutritious, and flavorful, used in cooking, salads, and for garnishes. Full sun.	6 - 9
Parsley, Flat Leaf	<i>Petroselinum crispum</i> <i>var. neapolitanum</i>	Biennial (may self-sow). Ht. 1-3 ft. (if allowed to bloom). Large, flat, deep green leaves, the favorite of cooks. Nutritious and flavorful. Full sun.	6 - 9
Patchouli	<i>Pogostemon cablin</i> or <i>Pogostemon patchouli</i>	Very Tender Perennial (winter indoors). Ht. up to 4 ft. Exotically scented tropical plant from India; oblong, notched leaves, square stems, tiny white flowers. Dried leaves can be mixed with other herbs and spices for sachets and potpourri; or simmer in a pot of water to scent the air. Pinch tips to encourage bushiness. Full sun to part shade.	10 - 12
Rosemary	General Information	Rosemary is an intensely flavored herb used in cooking meat, fish, fowl, in savory baking, and as an ingredient in <i>bouquet garnis</i> for soups and stews. The flowers, more delicately flavored than the leaves, can be used in salads. Requires excellent drainage, a sheltered, southern exposure, and winter protection. Recent DNA research suggests rosemary may be a member of the <i>Salvia</i> genus. If that proves true, its botanical name will change to <i>Salvia rosmarinus</i> .	
Rosemary, Arp	<i>Rosmarinus officinalis</i>	Tender Perennial. Ht. 3-5 ft. Pale blue flowers on tall, upright stems; grey-green, needle-shaped, aromatic foliage; excellent culinary herb; cold hardy. Full sun.	6-7 - 1
Rosemary, Barbecue	<i>Rosmarinus officinalis</i>	Tender Perennial. Ht. 3-5 ft. Sturdy, straight branches, perfect for grilling skewers that infuse meat and vegetables with flavor. Long, broad leaves are aromatic and flavorful; clear blue flowers. Full sun.	8 - 10
Rosemary, Blue Lagoon	<i>Rosmarinus officinalis</i>	Tender Perennial. Ht. 12-24 in., spread 16-32 in. Creeping, semi-prostrate habit, dark green, narrow foliage; dark blue flowers; aromatic, flavorful; very pretty cascading in a pot. Full sun.	7 - 10

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Rosemary, Boule	<i>Rosmarinus officinalis prostratus</i>	Tender Perennial. Ht. 2 ft., width 2 ft., unusual habit - grows in a mound, with branches that will spill over a wall or container. Deep green, flavorful leaves, blue flowers. Full sun.	8 - 10
Rosemary, Foxtail	<i>Rosmarinus officinalis</i>	Tender Perennial. Ht. 40 in. Fragrant, flavorful; unusual plume-like growth from base; bright blue flowers, dark green leaves. Full sun.	7 - 10
Rosemary, Gorizia	<i>Rosmarinus officinalis</i>	Tender Perennial. Ht. 30 in. An upright, almost columnar variety, with long, broad leaves, light blue flowers; sweet, gingery aroma and flavor make it super nice in recipes. Full sun.	7 - 11
Rosemary, Haifa	<i>Rosmarinus officinalis prostrata</i>	Tender Perennial. Ht. 4 in., spread several feet. A creeping, carpet-like rosemary with dark green leaves, pale blue flowers, great for a hanging basket. Strong flavor and fragrance. Full sun.	8 - 11
Rosemary, Hill Hardy a.k.a. Madeline Hill Rosemary	<i>Rosmarinus officinalis c.v.</i>	Tender Perennial. Ht. 3 ft., width 2 ft. Upright, vigorous, cold hardy and drought tolerant, with fragrant, spiky green leaves, pale blue flowers. Full sun.	6 - 11
Rosemary, Huntington Carpet	<i>Rosmarinus officinalis</i>	Tender Perennial. Ht. 1-2 ft., can spread 8 ft. in optimal conditions (i.e. warmer climates). Spiky green, fragrant foliage, blue flowers, trailing habit, great culinary rosemary. Full sun.	7 - 10
Rosemary, Marianne	<i>Rosmarinus officinalis</i>	Tender Perennial. Ht. 4 ft., width 3 ft. Upright variety with narrow, dark green leaves, blue flowers. Cuttings donated by Marianne Williams, who has grown this rosemary in Boise for years. Hardiness still to be determined, but has lived outdoors in our Legacy Garden for 4 years. Full sun.	6-7 - 10
Rosemary, Roasting (aka Salem)	<i>Rosmarinus officinalis</i>	Tender Perennial. Ht. 2-3 ft. Upright, mounded form, silver-green leaves, pale blue flowers. Aromatic, flavor less piney than some. Full sun.	7 - 10
Rosemary, Salem (aka Roasting)	<i>Rosmarinus officinalis</i>	Tender Perennial. Ht. 2-3 ft. Upright, mounded form, silver-green leaves, pale blue flowers. Aromatic, flavor less piney than some. Full sun.	7 - 10
Rosemary, Speedy	<i>Rosmarinus officinalis</i>	Tender Perennial. Ht. 3-4 ft., width 1.5-2 ft. As its name implies, a fast growing variety. Upright habit, deep green leaves, pale lavender blue flowers. Aromatic and a great culinary rosemary. Full sun.	7 - 10
Rosemary, Tuscan Blue	<i>Rosmarinus officinalis</i>	Tender Perennial. Ht. 4-5 ft. Upright, columnar form, deep green leaves, blue-violet flowers. Loved by cooks. Full sun.	8 - 10
Rosemary, Upright Blue	<i>Rosmarinus officinalis</i>	Tender Perennial. Ht. 4 ft. Long, broad, green leaves, blue flowers. Aromatic and flavorful. Full sun.	7 - 10
Rosemary, Upright Rose	<i>Rosmarinus officinalis</i>	Tender Perennial. Ht. 4 ft. Long, broad, green leaves, rose-colored flowers. Aromatic and flavorful. Full sun.	7 - 10
Sage, Berggarten	<i>Salvia officinalis</i>	Perennial. Ht. 2 ft. Large, rounded, fuzzy, grey-green leaves, with great flavor and scent; dries very nicely. Purple spikes of blooms are rare, which extends the life of the plant and results in greater leaf production. Full sun.	5 - 11
Sage, Berggarten Variegated	<i>Salvia officinalis</i>	Perennial. 2 ft. high x 3 ft. wide. Excellent culinary sage. Beautiful, slender, blue-green and white variegated leaves. Drought tolerant, deer resistant, attractive to beneficial insects. Prune out any parts that revert to plain green. Full sun.	5 - 9
Sage, Garden	<i>Salvia officinalis</i>	Perennial. Ht. 3 ft. Great culinary sage, but also has beautiful, edible, purple flowers - one of the prettiest salvias. Try the flowers battered and fried, or cooked in rice, egg, or cheese dishes, or as a garnish for salads and pizza. Leaves are thin and long, can be used fresh or dried for cooking, herbal remedies. Full sun.	5 - 11

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Sage, Grower's Friend	<i>Salvia officinalis</i>	Perennial. Ht. 3 ft. Native to Eastern Europe, rarely blooms; upright habit, large, green, flavorful leaves, reddish stems. An outstanding culinary sage. Full sun.	5 - 8
Sage, Icterina (a.k.a. Golden Sage)	<i>Salvia officinalis</i>	Perennial. Ht. 16 in. A native of the Balkan Peninsula, with very attractive variegated green and yellow leaves, light purple flowers. Beautiful and delicious. Full sun.	5 - 11
Sage, Nazareth	<i>Salvia officinalis</i>	Perennial. Ht. 12 in. Bred in Israel, compact growth habit, nice for edging or containers. Elongated, fuzzy, silvery leaves, pale purple flowers. Somewhat less hardy than other culinary sages. Full sun.	6-7 - 8
Sage, Purple	<i>Salvia officinalis purpurascens</i>	Perennial. Ht. 2 ft.. All the excellent attributes of culinary garden sage, but with beautiful purple leaves and, rarely, mauve-blue flowers. Full sun.	5 - 11
Sage, Tricolor	<i>Salvia officinalis</i>	Perennial. Ht. 2 ft. Unusual, irregularly variegated leaves of pink, green, and cream. Makes a nice garnish, tastes great, and is ornamental in the garden. Full sun.	5 - 11
Sage, White	<i>Salvia apiana</i>	Perennial. 4 ft. x 4 ft. Native American incense herb, used to make the smudge sticks common in Native American ceremonies; also a wonderful culinary herb, and used in teas, skin washes, as natural deodorant. Bushy plants; dusty gray-green foliage; loved by bees. Full sun.	6 - 9
Sage, Honey Melon	<i>Salvia elegans</i>	Annual or Tender Perennial (winter indoors). 2 ft. high x 2 ft. wide. The earliest and longest blooming of the <i>Salvia elegans</i> sages, has bright red flowers hummingbirds love and the scent of a honeydew melon. Delicious for tea. Cut back older stems to the ground to encourage continual flowering. Full sun to part shade, works well as house plant.	9 - 11
Sage, Pineapple	<i>Salvia elegans</i>	Annual or Tender Perennial (winter indoors). Ht. 36 in. Beautiful, bright green leaves with the scent of pineapple, used in teas and potpourris; wonderful, edible red flowers that taste like honeysuckle. Big attractor of hummingbirds and butterflies. Full sun.	8 - 11
Sage, Tangerine	<i>Salvia elegans</i>	Annual or Tender Perennial (winter indoors). Ht. 18-24 in. Less upright habit than the other fruity sages; rounded green leaves have the scent of tangerines (actually, more like orange Jello) and make a fabulous tea; leaves and flowers can be added to salads, drinks, cheeses, potpourris; flowers look great as an edible cake decoration. Attracts hummingbirds and butterflies. Full sun.	9 - 11
Savory, Summer	<i>Satureja hortensis</i>	Annual. Ht. 12-18 in. A mildly spicy, peppery herb with long, narrow leaves and pink-lavender to white flowers. Use fresh or dried in cooking meat, soups, legumes, vegetables, stir-fries, and in salads; blends well with other herbs. Full sun.	
Savory, Winter	<i>Satureja montana</i>	Perennial. Ht. 12 in. A small, shrubby herb, with narrow green leaves that are spicy, peppery and aromatic. Mixes well with other herbs in almost any fish, meat or fowl recipe, and is great in herb cheese, sautés, soup or beans. Cut back old branches to the ground occasionally, to promote bushier growth. Full sun.	5 - 11
Shiso (Red or Green) a.k.a Perilla	<i>Perilla frutescens</i>	Annual. Ht. 18-30 in. Leaves and flowers used in Asian dishes, sushi, salads, great with fish, rice, noodles, cucumbers; spicy flavor and aroma: hints of basil, cinnamon, clove, mint and cumin. Very beautiful in the garden. Full sun.	

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Sorrel, French	<i>Rumex scutatus</i>	Perennial. Ht. 6-12 in. Lemony, leafy green, used as both an herb and a vegetable, delicious sautéed or in soups and sauces, baby leaves are great in salads and sandwiches. Pale green leaves are smaller than garden sorrel, about 3 in. long. Sun to part shade.	6 - 10
Sorrel, Garden	<i>Rumex acetosa</i>	Perennial. Ht. 2 ft. Tangy, lemony leaves high in vitamin C; used sparingly for soups, egg dishes and sauces. Use young leaves fresh, dry older leaves for cooking. Full sun.	3 - 11
Stevia aka Sweet Leaf	<i>Stevia rebaudiana</i>	Annual or Tender Perennial (overwinter indoors). Ht. 18-30 in. Popular sugar-free sweetener, sweeter than sugar but with no calories and causing no rise in blood sugar. Bright green, thick, serrated leaves; use fresh, dried, powdered, or as an infusion. Full sun.	9 - 11
Sweet Woodruff	<i>Galium odoratum</i>	Perennial. Ht. 8-10 in. Bright green leaves in whorls, tiny white flowers. A beautiful groundcover herb, used in the olden days to make May wine, nowadays used in potpourris, wreaths, and sachets because its subtle vanilla fragrance increases as it dries. Shade to part shade.	5 - 9
Tarragon, French aka Licorice Vine	<i>Artemisia dracunculus</i>	Perennial. Ht. 36 in. Dark green, narrow leaves have a subtle, spicy, anise flavor. Great with eggs, meat, poultry, vegetables, sauces, vinegars, marinades, in herbal blends. When harvesting, cut stems back to the ground to encourage growth. Full sun.	4 - 7
Tarragon, Texas a.k.a. Mexican Mint Marigold	<i>Tagetes lucida</i>	Annual. Ht. 14-30 in. A sturdy plant with long, thin, dark green leaves, pretty golden yellow flowers. Slightly sweeter than French tarragon, and the licorice flavored flowers make a great garnish for desserts and drinks. Full to part sun.	
Thyme	General Information	All thymes have tiny flowers that are attractive to beneficial insects. The thymes we offer in the herb department are all culinary thymes and make beautiful additions to the garden; the perennials department offers "stepable" groundcover thymes.	
Thyme, Caborn Wine and Roses	<i>Thymus vulgaris</i>	Perennial. Ht. 2 in., spread 12 in. Dark green, rounded leaves and bright reddish-pink flowers - a carpet of flowers in the spring. Leaves have great flavor, plant is perfect for a colorful edging to your herb or vegetable garden. Full sun.	6 - 9
Thyme, Creeping Lemon	<i>Thymus citriodorus</i>	Perennial. Ht. 6 in., spread 14 in. A wonderful creeping thyme with the strong aroma and flavor of lemon, great for recipes and tea. Dark green leaves, white flowers. Full sun.	6 - 9
Thyme, English (a.k.a. Winter Thyme)	<i>Thymus vulgaris</i>	Perennial. Ht. 12 in. Broad, dark green leaves with strong aroma and flavor, vigorous grower. Excellent fresh or dried. White flowers. Full sun.	3 - 9
Thyme, Faustinoid	<i>Thymus vulgaris</i>	Perennial. Ht. 8", spread 16 in. A dwarf French thyme, compact and upright with pink flowers and tiny, deep green, aromatic leaves. Produces hundreds of little branches which can be snipped, bundled with other herbs, and dropped into soups and stews for excellent flavor. Full sun.	6 - 9
Thyme, Foxley	<i>Thymus pulegioides</i>	Perennial. Ht. 8 in., spread 16 in. Unusual thyme with broad, round, shiny leaves irregularly variegated green and cream. Both beautiful and flavorful, the leaves are easy to pick. Pink flowers. Full sun.	5 - 9
Thyme, French (a.k.a. Summer Thyme)	<i>Thymus vulgaris</i>	Perennial. Ht. 12 in. Fragrant, narrow leaves, sweeter than English thyme, essential for French cooking and herbal blends. White flowers. Full sun.	5 - 8
Thyme, Garden	<i>Thymus vulgaris</i>	Perennial. Ht. 12 in. Narrow, green leaves, strong flavor and aroma, excellent for culinary use. White flowers. Full sun.	3 - 9

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Thyme, Golden Lemon	<i>Thymus citriodorus</i>	Perennial. Ht. 6 in., width 12 in. Dense, low growing thyme that is somewhat stepable. Gold-edged, lemon scented, green leaves go well with fish or chicken. Pink flowers. Full sun.	4 - 9
Thyme, Lemon	<i>Thymus citriodorus</i>	Perennial. Ht. 12 in. Glossy green, rounded leaves with the taste and scent of lemon can be used in any recipe calling for lemon juice, lemon zest or lemon flavoring. Pink flowers. Full sun.	4 - 11
Thyme, Lime	<i>Thymus x. citriodorus</i>	Perennial. Ht. 6-12 in. Emerald green foliage, white flowers, citrusy fragrance. Lovely in a pot or as a ground cover. Full sun.	5 - 9
Thyme, Orange	<i>Thymus fragrantissimus</i>	Perennial. Ht. 4-6 in., 8-10 in. wide. Narrow grey-green leaves have a strong orange scent, sweet flavor; great with fish, vegetables, desserts, and for teas. Pink flowers. Full sun.	5 - 9
Thyme, Pizza	<i>Thymus nummularius</i>	Perennial. Ht. 6-8 in., 8-12 in. wide. Shiny, dark green leaves have a thyme/oregano flavor, great for pizza, pasta, tomatoes. Full sun.	5 - 10
Thyme, Rose Scented	<i>Thymus x Rose Scented</i>	Perennial. Rounded, compact habit, 6-12 in. high, with dark green foliage shaped like tiny spear tips, and dark pink flowers. The scent is a combination of warm and spicy traditional thyme and the sweet scent of old fashioned roses. Has culinary, mixology, and skin care uses, and makes a wonderful, healing tea, because thyme oil is antibacterial, stomach soothing, and eases congestion in the sinuses and lungs. Full sun.	5 - 9
Thyme, Silver King	<i>Thymus citriodorus</i>	Perennial. Ht. 4 in., 8-12 in. wide. Oval leaves brightly splashed and edged with cream, low, spreading habit. A delightfully flavorful culinary thyme, with the scent of both lemon and thyme. Lilac flowers. Full sun.	6 - 9
Thyme, Silver Posie	<i>Thymus vulgaris</i>	Perennial. Ht. 6 in., spread 16 in. Grey-green leaves variegated with silver and a hint of pink; lavender flowers; compact habit. Charming addition to the herb garden, outstanding for cooking. Full sun.	6 - 9
Thyme, Snowdrift	<i>Thymus serpyllum</i>	Perennial. Ht. 1 in., width 24 in. A beautiful creeping thyme that is also a delicious culinary thyme. Blooms white, foliage deep green, a lovely addition to your herb garden. Beautiful as a ground cover or cascading out of a pot. Full sun to partial shade.	4 - 9
Toothache Plant aka Spilanthes, Buzz Buttons, Tingflowers and Electric Daisy	<i>Spilanthes oleracea</i> or <i>Acmella oleracea</i>	Annual. 12-15 in. high x 18 in. wide. A cute little plant whose red and yellow flowers look like a bullseye. Gets its name from the numbing effect on the mouth when the flower is chewed. Used by herbalists as an analgesic, antiseptic, anti-inflammatory, and anti-fungal. Full sun to part shade.	
Valerian	<i>Valeriana officinalis</i>	Perennial. Ht. 4 ft. - 6.5 ft. Tall, leafy plant; pink umbellate flowers are sweetly scented, and attract beneficial insects. Roots are used (with caution) in herbal medicine as a calming sedative, often in tea, although the awful taste must be disguised with other flavorings. Full sun.	3 - 9
Yerba Buena	<i>Satureja douglasii</i>	Annual or Tender Perennial (winter indoors). Ht. 4 in., spread 60 in. Trailing minty herb that is wonderful in a hanging basket or as a fragrant groundcover. Fresh green leaves make a delicious, relaxing tea. Small white flowers. Shade to part shade (morning sun, afternoon shade).	7- 10
Za'atar	<i>Majorana syriaca</i>	Annual or Tender Perennial (winter indoors). Ht. 16 in. Delectable Middle Eastern herb used in hummus, dips, soups, with meats, and in breads. Grey-green, fuzzy leaves have a spicy flavor, described as a combination of oregano, thyme, and marjoram. White flowers are also used as seasoning. Full sun.	8 - 10